

BERTIE HIGH SCHOOL COACHES LEARN PROPER CPR TECHNIQUES

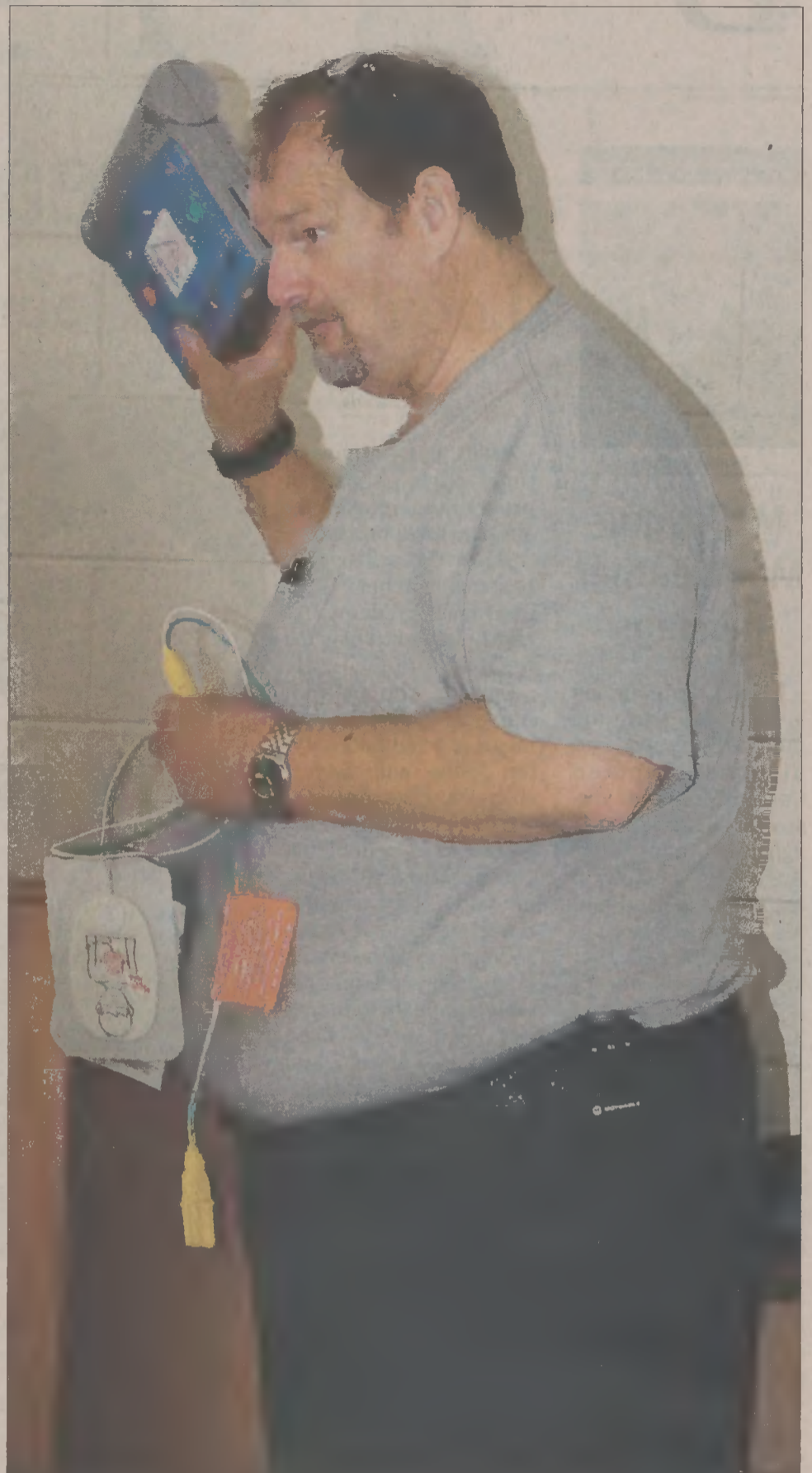


The Bertie High School coaching staff learned proper lifesaving techniques recently during a CPR/AED Hearts Saver class. The class was taught by Willie Davis (right). Coaches learned how to save the lives of children, adults and infants using CPR (Cardiopulmonary Resuscitation), an AED (Automated External Defibrillator) and First Aid, among other things. Certification and re-certification is required by the North Carolina High School Athletic Association.

Top: Bertie assistant football coach Brian Daii (left) and athletic director Randy Whitaker practice CPR on an infant during the class.

At left: Falcons baseball coach Bobby Harmon (foreground) and volleyball coach Anna Eure practice CPR on an infant.

LESLIE BEACHBOARD / Bertie Ledger-Advance



Cowan

From B1 and a fighter and will push me to be a better player; he always has," Cowan said. "We kinda feed off each other, and being able to play with him a few more years is exciting to me." Cowan is also looking forward to having Harrell as a teammate. "Jarrett is another childhood friend, and when he signed with Chowan, that made me very happy," he said. "It's gonna be nice playing a few more years with him and Tyler. I love the fact that Chow-

everyone who has helped him along the way. "Coming from a small town, I have really had the best coaches ever and that's who I owe everything to," he said. "Great men who have made an impact on my life coaching me, including my dad, Brandon Hodges (Oakwood School), Justin Freeman, Jacob Harrell (Gates County), Justin Burden (Hertford County JV), "B-Matt" Matthews (Gates County), Chris Towell (Hertford County) and Jason Wynne (Lawrence Academy)," he said.

an picks up all the local boys it can." In the past four years, Cowan has earned numerous awards whether it was in Junior American Legion or Lawrence Academy. This past season, he was named All-Tarheel Independent Conference for the regular season and the conference tournament, was an All-State selection by the North Carolina Independent Schools Athletic Association, and was the Most Valuable Player in the Tarboro East Classic. Cowan, the son of Brad and Jeana Cowan, credits

Fourth

From B1 believe that racism and a belief in race superiority does not exist in this country should look at the early bets happening in Vegas. While I won't pay for this fight because I don't want to put an-

other dollar in either of their pockets, I will watch any highlights they manage to create. As far as I am concerned, the best part of this fight is that every time one of them lands a punch, someone I dislike will have been punched.

David Friedman is a long time sports writer and columnist. A Bertie High School graduate, he and his family currently reside in Wilmington. David can be reached via e-mail at fourthandlongcolumn@gmail.com.

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